

Bean Soup

Meal Components: Other, Meat / Meat Alternate

Soups & Stews, H-01

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or ham stock, non-MSG		2 gal 1 qt		4 gal 2 qt	<ol style="list-style-type: none"> Combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley, and ham (optional). Bring to boil. (If desired, liquid from cooked beans may be used as part of the stock.)
*Cooked dry Navy beans (see Special Tip)	10 lb 2 oz	1 gal 2 1/2 qt	20 lb 4 oz	3 gal 1 qt	
Canned tomato paste	7 oz	3/4 cup 1 Tbsp	14 oz	1 1/2 cups 2 Tbsp	
*Fresh onions, chopped	14 oz	2 1/3 cups	1 lb 12 oz	1 qt 2/3 cup	
OR	OR	OR	OR	OR	
Dehydrated onions	2 1/2 oz	1 1/4 cups	5 oz	2 1/2 cups	
*Fresh celery, chopped	6 1/2 oz	1 1/2 cups 2 Tbsp	13 oz	3 1/4 cups	
*Fresh carrots, chopped	6 1/2 oz	1 3/4 cups	13 oz	3 1/2 cups	
Ground black or white pepper		1 tsp		2 tsp	

Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 cups	2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.
Enriched all-purpose flour	4 1/2 oz	1 cup 1 Tbsp	9 oz	2 cups 2 Tbsp	3. Combine flour and water. Mix until smooth.
Water		1 cup		2 cups	4. Add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes. 5. Pour 8 lb 7 ¼ oz (1 gal ? cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. CCP: Hold for hot service at 135° F or higher. 6. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry Navy beans = about 2 ¼ cups dry or 5 ½ cups cooked beans.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Dry Navy beans	4 lb 4 oz	8 lb 8 oz
Mature onions	1 lb	2 lb
Celery	8 oz	1 lb
Carrots	8 oz	1 lb

Serving	Yield	Volume
1 cup (8 oz ladle) provides: Legume as meat alternate: 2 oz equivalent meat alternate and 1/8 cup other vegetable. OR Legume as vegetable: 1/2 cup legume and 1/8 cup other vegetable.	50 Servings: about 25 lb 6 oz	50 Servings: about 3 gallons 2 cups
	100 Servings: about 50 lb 12 oz	100 Servings: about 6 gallons 1 quart

Nutrients Per Serving					
Calories	159	Saturated Fat	0.22 g	Iron	2.66 mg
Protein	9.28 g	Cholesterol	1 mg	Calcium	79 mg
Carbohydrate	29.37 g	Vitamin A	1073 IU	Sodium	329 mg
Total Fat	0.88 g	Vitamin C	4.4 mg	Dietary Fiber	6.4 g